



Ready to lose weight,
decrease stress or
stop smoking?

Whether you want to look better, be more active, have more energy or sleep better, joining a Healthy Living Program can help you make it happen!

The Healthy Living Programs are online, personalized action plans that help you take an active role in improving your health and quality of life.

Enroll in one of the following programs today!

- **Weight Loss** – Healthy weight loss and long term management
- **Get in Shape** – Exercises for improving activity, strength and flexibility
- **Healthier Diet** – Simple food substitutions and plans for healthy eating
- **Stress Relief** – Useful strategies to fight everyday stressors
- **Healthy Aging** – Ways to look good, feel younger and prevent disease
- **Easy Start** – Strategies for easing into a healthy lifestyle
- **Healthy Heart** – Nutrition, exercise and stress management for heart health
- **Diabetes-Fighting** – Science-backed lifestyle changes that reduce diabetes risk
- **Cancer-Fighting** – Healthy strategies for reducing cancer risk
- **Smoke-Free** – Personalized tools to help quit smoking for life
- **Healthy Seniors** – Help to improve health, maximize quality of life and maintain independence (ideal for caregivers too)
- **Healthy Kids** - Provides tools and resources needed to encourage healthier diet and lifestyle choices among your family and adopt healthier habits that can reduce their disease risks
- **Your Healthy Living Program** - Access your tools and trackers after completing any HLP program

With these programs, “healthy living” is just a click away!

For help managing your disease, call the "Healthy Living" program at (866) 766-8795 or go to www.Alerecares.com/OME-RESA. Learn more about adopting a healthier lifestyle by visiting www.ome-resahealthylifestyles.com. The OME-RESA Health Benefits Program is an Ohio-based non-profit public employer consortium of which your employer is a member.

